PLANT FACT SHEET

Persicaria virginiana (L.) Gaertn.

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Jumpseed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young shoots are cooked and eaten.

DESCRIPTION

A herb which keeps growing from year to year. It grows 60-120 cm high and spreads 80-150 cm wide. The leaves are oval and pointed. They are 15 cm long. They taper to a fine tip. They are downy. They have dark markings. The flowers are greenish-white. They are very small and in narrow spikes.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9. It likes a moist soil. It can grow in the shade.

NOTES

There are about 50 Polygonum species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/329a45de-ea3c-45b0-bc67-94de4445e06e